

The Keynote

Newsletter of FISTS OW Club • The International Morse Preservation Society
2010 Reference Issue

2010
Reference
Issue

PLEASE SAVE THIS ISSUE AND REFER TO IT WHEN YOU HAVE A QUESTION. IF YOU CAN'T FIND THE ANSWER, CONTACT THE VOLUNTEER LISTED ON THE INSIDE FRONT COVER WHO HANDLES THE TOPIC ON WHICH YOU NEED MORE IN-DEPTH INFORMATION.



"When You've Worked a FISTS, You've Worked a Friend"

When you have a question about FISTS, go to the source for the correct answer. Posting a question on a chat room or email reflector may result in a lot of opinions, but your best bet is to ask a FISTS volunteer or look in the reference issue.

Please put the word 'FISTS' somewhere in the title of your email. This will help the volunteer recognize that your email is important and not spam.

For questions about:

Awards and Certificates contact

Dennis Franklin, K6DF, fistsawards@fists.org : 4658 CAPITAN DR, Fremont CA 94536

The QSL Bureau contact

Stan Reas, K4UK, k4uk@rev.net : 1020 LONG ISLAND DR, Moneta VA 24121-1952

Our club call KN0WCW contact

Karl Zuege, KB1DSB, hmc.ret.karl@myfairpoint.net : 2176 DRAKE RD, Bomoseen VT 05732

The membership roster, call changes, name changes contact

Ed Hayes, N7CFA, n7cfa@comcast.net : 2628 LILAC ST, Longview WA 98632-3525

To get an application or sample Keynote sent to a friend contact

Jim Ranieri, AA9LS, aa9ls@turbotoads.com : 33778 REBECCA RD, Kingston IL 60145

Web page changes, getting your personal or club webpage linked, etc contact

Webmaster Bill Myers, KK4KF, kk4kf@cox.net

Club presentation packets contact

Joe Spencer, KK5NA, kk5na@kk5na.com : 3618 MONTRIDGE CT, Arlington TX 76016

Code Buddy volunteers and buddies contact

**Nick Yovanovich, K3NY, & The Historical Electronics Museum Amateur Radio Club,
k3ny@cablespeed.com : 108 BRENT RD. Arnold MD 21012**

Sprints contact

Gil Woodside, 30 Hilltop Ave, West Warwick RI 02893-2825; wa1lad@cox.net

Get Your Feet Wet Weekend /G3ZQS Memorial Straight Key Contest contact

Lee Hallin, N7NU, hallinl@lanecc.edu : 3413 WALTON LN, Eugene OR 97408

Ordering supplies: Irene Kott W08E

44609 North Bunker Hill Dr, Clinton Twp MI 48038 or paypal to fists@tir.com.

Irene has no email capability. Some shirt sizes are sold out - check web page.

All other questions, including supplies, tapes for the blind, callsign/email/ postal address changes, (NO we do not get this info directly from the FCC!) general membership questions and articles for the Keynote contact Nancy Kott WZ8C, nancy@tir.com; PO Box 47, Hadley MI 48440, phone 810-797-2033, fax 810-797-5808. Please check your label for your renewal month/year - dues are \$15/year. Payable to FISTS CW Club or paypal to fists@tir.com.

FISTS CW CLUB

NORTH AMERICAN MEMO

THE INTERNATIONAL MORSE PRESERVATION SOCIETY

NANCY KOTT WZ8C, PO Box 47, HADLEY MI 48440

NANCY @TIR.COM PHONE: (810) 797-2033 FAX (810) 797-5808

WHEN YOU'VE WORKED A FISTS, YOU'VE WORKED A FRIEND

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ON THE COVER: Dennis Franklin, K6DF, our Awards Manager, found a family heirloom which had been packed away...but he doesn't use it....do you Dennis? Dennis is one of our most active FISTS.. He finds time to ragchew on the air (using his blue racer), keep on top of the awards and new member certificates, AND go cruising on his new Harley. Our thanks to his XYL, Pam, for her patience with all the time and effort Dennis puts into FISTS!

How Do I....?

Info on How to do just about anything related to FISTS

HOW DO I JOIN?

Membership is open to all people interested in Morse code, irrespective of their speed and ability. An application form is not necessary to join, but it gives us a more complete picture of our membership. You can download a North American membership application on the FISTS web page: <http://www.fists.org>. An application can be mailed to you. Send a message Jim Ranieri, AA9LS, aa9ls@turbotoads.com and he will email it to you, or mail an SASE to him at 33778 Rebecca Rd, Kingston IL 60145 and Jim will send you an application via return postal mail. To join without an application, send your name, call, and mailing address with your membership fee to Nancy WZ8C, PO Box 47, Hadley, MI 48440 (checks payable to FISTS). To join using Paypal (www.paypal.com), send the funds to fists@tir.com. In the comments box, type NEW MEMBERSHIP, your callsign, name and mailing address if different from your Paypal address.

HOW MUCH DOES IT COST?

Subscriptions are \$15.00/year; Under 18= FREE; College students = \$10. Family members may join FISTS at no extra charge-only one newsletter is mailed per household. Please make checks payable to FISTS CW Club and send to FISTS, P O Box 47, Hadley, MI 48440. Do not send FISTS correspondence to Nancy WZ8C's callbook address. Checks can take 6-8 weeks to clear from the day received. It does NOT take 8 weeks to get your number, it just may take that long for your check to clear.

WHAT IF I AM A MEMBER UNDER 18 or OVER 79?

To continue a teen (17-) or old-timer membership (80+), you must notify WZ8C of your continued interest in FISTS, renewals are not automatic.

HOW DO I JOIN USING MY PAYPAL ACCOUNT?

North American FISTS accepts PAYPAL (<http://www.paypal.com>). Address your PAYPAL payment to FISTS@TIR.COM To join via Paypal, type "New Membership" in the Paypal Comments Box, your name (if different from the name on your Paypal account), callsign, and mailing address.

HOW DO I GET A NUMBER FOR MY LOCAL CLUB?

Clubs with FCC call signs may be assigned a FISTS number at no charge providing there is at least one FISTS member in good standing in the local club. These clubs are not legally affiliated with FISTS, nor does FISTS have anything to do with how the club is run, etc. It just means the club has a FISTS number and is worth three points toward awards. If the club wants a newsletter, there is a \$15 a year charge. To defray costs, please enclose \$3 when a club applies for an award and wants a certificate. There is no charge for a Century Certificate number, just for the certificate if one is desired. Membership certificates are \$1 for clubs.

HOW DO I SEND APPLICATION OR SAMPLE NEWSLETTER TO A FRIEND?

For a brochure, email Jim AA9LS at aa9ls@turbotoads.com with their name, call sign, and postal address. SASEs are appreciated. Joe's postal address is 33778 Rebecca Rd, Kingston IL 60145 An application is available for downloading on our web page <http://www.fists.org>.

WHERE DO I MAIL A DX APPLICATION OR RENEWAL?

ZL,VK applications are go to Ralph Sutton, ZL2AOH at 12C Herbert Gardens, 186 The Terrace, Wellington 6001, New Zealand.

East Asia inquiries to Jean at join@fists-ea.org

All other applications - DX cheques should be made payable to FISTS and applications and requests for info sent to: Mr J.s. Griffin M0CDL 35 Cottage Street Kingswinford West Midlands DY6 7QE
<http://www.fists.co.uk>

HOW DO I RENEW?

We try to send out renewal postcards, but if you renew prior to your renewal month it will save postage and printing costs as well as volunteer time. Your renewal date is on your Keynote mailing label - sometimes in the format of year, month, date. For example 2005/4/4 would be a renewal date April 2005. The date of the month is meaningless, but the computer program requires a date, so generally the date of the month is the same as the month. 2005/12/12; 2006/5/5 etc. RENEWALS ARE FREE FOR AGES 80 AND UP & 17 AND YOUNGER.

HOW DO I RENEW?

To renew, send \$15/year to Nancy WZ8C (checks payable to FISTS) at FISTS, PO Box 47 Hadley MI 48440 or via Paypal to fists@tir.com.

HOW DO I RENEW WITH PAYPAL?

If you have a Paypal account, send the funds to fists@tir.com; put "RENEWAL" in the Note Box, along with your callsign.

MAY I RENEW FOR MORE THAN ONE YEAR AT A TIME?

Yes! You may renew for as many years at a time as you like, but there is not a 'quantity' discount.

MY MEMBERSHIP LAPSED, CAN I GET MY OLD NUMBER BACK?

Yes - numbers are not reassigned. If you have had a number in the past, please let Nancy WZ8C know at the time of your renewal. so she can 'reactivate' it. If a new number is issued by mistake, it will be corrected and you will have your old number reactivated, but you have to notify WZ8C.

LISTS, ROSTERS, EMAIL LISTS and THE FISTS REFLECTOR

HOW DO I UPDATE MY ADDRESS or CALL SIGN ON THE FISTS DATABASE?

Send corrections or changes to Nancy Kott, WZ8C, at FISTS, P. O. Box 47, Hadley, MI 48440 or email to nancy@tir.com. Please send labels with your corrections to the FISTS QSL Bureau so the bureau workers don't have to change all your SASEs by hand.

HOW DO I GET A PRINTED UP-TO-DATE MEMBER LIST?

Lists of active members are available updated quarterly and available for printing from the FISTS Web page. The search engine feature on the main web page is updated more frequently than the text list on the web page, but only includes North American members.

HOW DO I GET ON THE FISTS EMAIL LIST or EMAIL REFLECTOR?

To receive periodic official Email updates, send your Email address, call sign and FISTS number to Nancy WZ8C nancy@tir.com. If you put your email address on your application, it is automatically added to the list. Due to potential spam problems, the list is not given out to the membership and is not published on the web page. It is only used to notify you of FISTS items of interest. If you want people

to know your Email address, we recommend you include it in your listing on QRZ.com or Buckmaster lookup service. There is also a FISTS reflector you can join on your own at <http://www.mailman.qth.net>. Search down the list on the left until you see Directory of Lists, then FISTS, then follow the instructions.

HOW DO I ORDER CLUB SUPPLIES?

Irene W08E 44609 N. Bunker Hill Dr., Clinton Twp, MI 48038 is our Supply Manager. Our supplies are sold as close to cost as possible We offer:

Metallic gold logo stickers, 200 for \$3.50

I "red heart graphic" CW Stickers, 3/4" round stickers, \$3.50 for 200

Blue enamel cloisonne/gold metal "FISTS CW CLUB" octagon logo pin, with tie-tack type pin back \$1.50

White enamel cloisonne pin "I (red heart graphic) CW" "FISTS CW CLUB" along edge. 3/4" diameter circle tie-tack type pin on back \$1.50

Embroidered cloth patch of our rectangle key logo, \$1.00. The patches can be ironed on or sewn.

You may use Paypal to order supplies. Send the total amount to fists@tir.com and put the items you would like in the comments box. Be sure your name & address are included.

PRICES INCLUDE POSTAGE. DO NOT ADD POSTAGE TO YOUR TOTAL

HOW DO I GET FISTS SHIRTS?

Show the world that you are proud to be a FISTS member. We have t-shirts, sweatshirts, and polo shirts. The front of the t-shirts and sweatshirts are printed in silver: I'm PROUD to be a KNOW CODE Ham and the backs of the shirts are printed in light blue with the FISTS key logo graphic and Join the Code Crusade <http://www.fists.org>

Sizes are small, medium, large, XL, 2XL, and 3XL ***AS OF MARCH 2010 - SOLD OUT: Blue and Black 3X t-shirts, 3X polo shirts, Blue 2X t-shirts, Medium polo shirts, Medium blue t-shirts, Medium sweatshirts. Quantities are limited on 3X sweatshirts, Medium black t-shirts, and small sized shirts.***

The T-shirts are available in two solid colors: black or royal blue (a medium blue, not navy)

Sweatshirts are gray with royal blue printing on the front and back.

The polo/golf shirts are sky blue with the FISTS key tastefully EMBROIDERED on the top left side. They are short sleeved and have a knit collar and a couple buttons at the neck.

All shirts are 50/50 blend. The Ts are "Best" Fruit of the Loom. Sweats are 5.8 oz Jerzee and Polos are Fruit of the Loom. The total prices including postage are: T-shirts = \$6; Sweats = \$11; Polos = \$15

NOTE: Contact Nancy WZ8C (nancy@tir.com) for non-USA or bulk order postage. You may order using Paypal. The email address to use for Paypal is fists@tir.com. Do NOT use nancy@tir.com. In the "notes" box of the Paypal form, please be specific about what you want since this info will be used to fill your order.

To order by mail, send your order (don't forget to include what color tshirt you want, and the size!) to Nancy Kott WZ8C, PO Box 47, Hadley MI 48440 Checks payable to FISTS, Paypal to fists@tir.com. This is a limited time opportunity. When the shirts are gone - they're GONE, so get yours now!

HOW DO I GET/SEND FISTS QSL CARDS Via BURO?

Keep SASEs in stock with the FISTS QSL Bureau. Stan Reas K4UK runs the Bureau. Send envelopes to 1020 Long Island Drive Moneta, Va 24121. More detailed info is included elsewhere in this issue.

APPLY FOR AN OPERATING AWARD?

Dennis Franklin K6DF is the Awards Manager. We have many different operating awards. Details are on our web page or in the Keynotes. Dennis's contact information is fistsawards@fists.org or 4658 Capitan Drive Fremont, CA 94536-5448. Please put FISTS in the title of your email. Awards are free for members in good standing. Non-dues paying Clubs with FISTS numbers, non-members and lapsed members who are not in good standing must pay \$3 for award certificates to help defray the cost. More information is included elsewhere in this issue.

WHAT IS KN0WCW AND HOW DO I OPERATE KN0WCW?

KN0WCW is the USA FISTS Callsign. Members in good standing (meaning, paid up dues) can operate KN0WCW from their home station after getting PERMISSION. To get permission, contact Karl Zuege, KB1DSB hmc.ret.karl@myfairpoint.net. A schedule of operators can be found on the FISTS Web page. Remember, when you're using KN0WCW, you're flying the flag for FISTS, so please operate responsibly.

HOW DO I VOLUNTEER FOR or GET A CODE BUDDY?

K3NEM, The Amateur Radio Club of the National Electronics Museum members are the volunteers handling the Code Buddy Program. Contact them at Box 1693 MS 4015, Baltimore, MD 21203, or Email Nick at K3NY@arrl.net. We need ELMERS and Buddies, please volunteer to be a Code Buddy!! You don't have to be a speed demon to be a Code Buddy, lots of people just want someone to practice with, just like YOU! To volunteer or to get a Code Buddy, include what you need (teacher, student, practice buddy), what bands you can work, and what areas of the country you can reliably work.

HOW DO I GET MY PHOTO ON THE PHOTO PAGES?

Send a snapshot of yourself with your face about the size of a quarter to Ken W8ROG 44609 N. Bunker Hill Dr., Clinton Twp, MI 48038. It is helpful if you print out your jpg since the photopages are made from actual photographs, not digitally.

HOW DO I RECEIVE THE KEYNOTE ON TAPE?

The Keynote is available on tape, free, to legally blind members. Contact Ken Kott, W8ROG, 44609 N.

Bunker Hill Dr., Clinton Twp, MI 48038. The Keynote is read by AC5SH, Tim O'Conner. You can contact Tim with your comments and suggestions at ac5sh@aol.com

HOW DO I GET A COPY OF FISTS PRESENTATION for my local club meeting?

It's easy and fun! We send you everything you need for a snazzy 15-20 minute presentation. Sample Keynotes and pens are included when available. Contact Joe Spencer, KK5NA, 3618 Montridge Ct, Arlington TX 76016 or email him at kk5na@kk5na.com.

HOW DO I SUGGEST IDEAS FOR THE WEB PAGE?

Contact Bill KK4KF at kk4kf@cox.net

HOW DO I ORDER FISTS CLUB QSL CARDS, ID BADGES, MUGS, ETC?

Several private vendors have FISTS logo badges, cards, mugs, buttons, etc available. Check our web page <http://www.fists.org> under "other ham links" for information.

HOW DO I IMPROVE MY CODE SPEED and MEET LOTS OF NEW FRIENDS?

Join FISTS! Get involved in the nets and activities! Volunteer to be a Code Buddy! Write an article for the Keynote about your interests!

HOW DO I GET A COPY OF THE K7QO CODE COURSE?

FISTS makes this wonderful course available (V3 is the latest and is MP3 only, you must have an MP3 player or computer). To obtain your copy send \$1 per disk to cover the postage and envelope and include a label with your address, if possible, to FISTS PO Box 47, Hadley MI 48440.

Chuck Adams, K7QO, has also put the General Exam written question pool on CD in Morse code, starting out slowly and working up to about 20 wpm. It's not a beginner CD because it doesn't have the letter repetition, but it is excellent practice for those who know the code and want to upgrade their skills, and a good refresher for those who have been licensed a while. You may obtain a copy of this disk for \$1, including envelope and postage (include an address label if possible) from FISTS, PO Box 47, Hadley MI 48440.

Beginner's Guide to the FISTS QSL Bureau

Basically the QSL Bureau works like this: You pack up all your QSL cards for contacts with other FISTS members and send them to us. We sort the cards and put them in the Self Addressed Stamped Envelopes (SASE's) which the members have sent to us. When we get 6 or 7 cards in an SASE with one ounce postage on it we mail them.

The mailing address for the Bureau is:

FISTS QSL Bureau
c/o Stan Reas - K4UK
1020 Long Island Drive
Moneta, VA 24121

So, to get the cards which are sent via the Bureau for you, you need SASEs on file with us. We suggest a minimum of three SASEs be sent. We require envelopes which are at least 4-1/8" high and much prefer the #10 Business Size envelope (4-1/8" x 9-1/2") which will work for nearly all QSL card sizes.

The smaller personal-size envelope (3-5/8" x 6-1/2") will not handle the large QSL cards which some members send and will no longer be accepted. (See reason below "Sample")

Some of the members send 6" x 9" kraft envelopes which can handle all cards sizes I've ever seen. If you can find the 5" x 7" kraft envelopes they are a really nice size for SASEs

Your SASE should have at least one ounce postage (44 cents) in the upper right hand corner. Your address goes in the normal address portion of the envelope and put your call in LARGE letters in the upper left hand corner. We will stamp the lower left hand corner of each of your SASE's:

ENVELOPE _____ OF _____
SASE LEFT _____

This will indicate which envelope is being used and how many are left on hand.

We will include a "Last Envelope in Bureau" note when we have used your last envelope to send cards to you. Also, if the numbers in the bottom left hand corner indicates: for example: "Envelope # 3 of 3" - it will have been your last envelope. When you send in additional cards you can then send in additional SASE's.

Based on the weight of my QSL card per the scales in the Moneta, Virginia Post Office per the rates which are in effect as of May 11, 2009 we can send the following number of cards per weight:

Weight	Postage	Cards
1 ounce	44 cents	7
2 ounce	61 cents	15
3 ounce	78 cents	23

If we get a large amount of cards for you, we may put them all in the one envelope and add postage as required from our "stamp kitty." We appreciate your reimbursing the kitty with your next batch of cards.

If you put more than 44 cents postage on your SASEs, we will wait until we get the number of cards equivalent to the postage before mailing. Let us know if you prefer periodic mailings.

You can send QSLs for contacts with all foreign FISTS members to us and we will forward them to Chuck Spence, M0AVW in England or Nigel Hardy, ZL2TX in New Zealand or "Harry" Shibata - JL3AMK in Japan. These chaps handle the distribution of QSL cards for overseas DX. We distribute cards for Canadian FISTS and other DX FISTS in North and South America directly from the Bureau.

So, send us your QSL cards and some SASEs and you're set up to use the Bureau. However, it won't do any good to send cards for contacts with stations who are not FISTS members as they won't have SASEs on file with us. Also, it is a good idea to confirm with the FISTS member that you will QSL via the Bureau. In that way both will know that there are SASEs at the Bureau.

If you send in a bunch of cards it would be appreciated if you sort the U.S. cards by call number. It speeds up the initial sort. But, you don't have to sort them alphabetically.

Eight volunteers - members of the Franklin County Amateur Radio Club of Rocky Mount, VA - assist me, Stan K4UK, with the QSL Bureau. They do the final sorting and mailing of envelopes.

All costs involved in operating the QSL Bureau come from the club dues and donations from our members. We mail the DX cards to Chuck, M0AVW, in bulk and the cost has averaged 6 cents per card. Also we bulk mail the DX cards to Nigel, ZL2TX, for VK and ZL members and the cost has averaged 8.5 cents per card. The cards mailed to Harry, JL3AMK, for JA and BV members average 9.0 cents per card. So, if you send cards for DX members a donation would be appreciated! Your donation can be cash or checks. If checks, please make them out to "FISTS QSL Bureau" or to me, Stan Reas.

For Canadian and other non-U.S. members

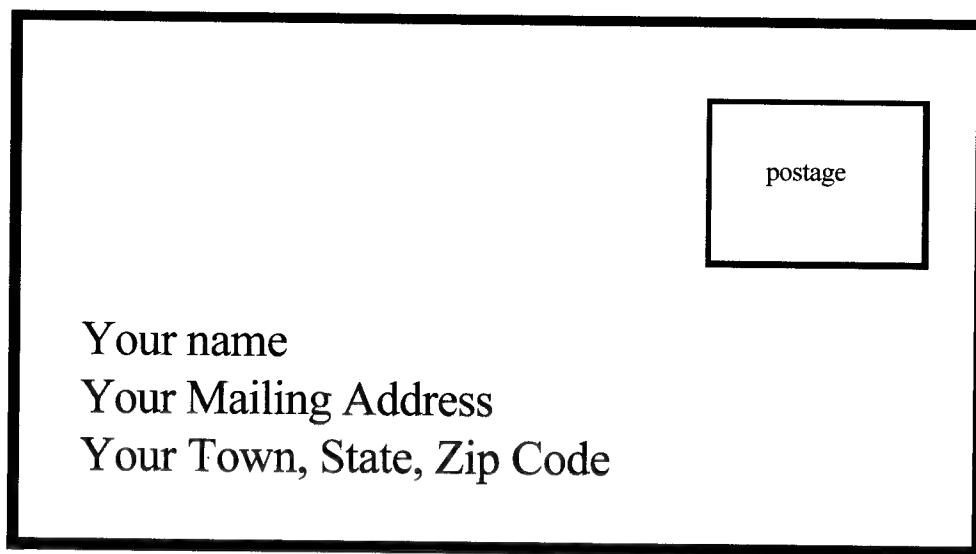
Since all mail we send out from the Bureau must have U.S. postage stamps, you will have to put U.S. stamps on your SASEs. Obtaining U.S. stamps may be hard, if not impossible, so we suggest that you send SAEs (Self-Addressed-Envelopes) without stamps and some funds to cover the stamps we will obtain for you.

In order to minimize your costs, if you wish, we will accept mailing labels with your address on them in lieu of SAEs and will paste them on envelopes from our stock. Just include some funds with your labels to cover the stamps. Such funds can be "Green Stamps" (U.S. Dollars) or IRCs. If you prefer to send a check, please make them out to me, Stan Reas, or to "FISTS QSL Bureau" and use US funds.

Based on the weight of my QSL card at the Moneta, Virginia Post Office the following rates apply:

<u>Weight</u>	<u>Cards</u>	<u>Postage to Canada</u>	<u>Postage to Mexico</u>	<u>Postage to Others</u>
1 ounce	7	75 cents	79 cents	98 cents
2 ounce	15	\$1.00	\$1.34	\$1.76
3 ounce	23	\$1.25	\$1.89	\$2.54

A Sample SASE for U.S. members is shown on the next page:



The reason for not accepting personal-size (3-5/8" x 6-1/2") envelopes:

Quite a few members are making their own QSL cards now-a-days. Often these are larger than the standard 3-1/2" x 5-1/2" dimension. Also quite a few of the cards from DX members are larger than the standard.

The small personal size envelope which is 3-5/8" x 6-1/2" can not accommodate these larger cards. My staff consists of all volunteers and they have become frustrated with trying to patch up the small envelopes to mail the larger cards. They are reluctant to fold the large cards

They have resorted to:

Cutting the front off of the small envelopes and taping it to a # 10 envelope

Taping paper to the flap and taping down the increased flap

Peeling stamps from the small envelopes and using rubber cement to paste them to a #10 envelope and writing the address on the #10 by hand

These volunteers do a great job helping me run the FISTS QSL Bureau. To alleviate frustration, we will no longer accept envelopes with height dimension less than 4-1/8" which is that of the #10 business-size envelope. That means we will not accept any personal-size (3-5/8" x 6-1/2") envelopes.

We much prefer the business-size envelope, which is 4-1/8" x 9-1/2" but will accept other envelopes which are at least 4-1/8" x 6" - such as the 6" x 9" and the 5" x 7" kraft envelopes.

If you live so far away from a store selling #10 business-size envelopes, we will accept mailing labels with your address on them and stamps or money in lieu of SASEs. We will put your labels and your stamps on #10 envelopes, which we will furnish from our stock.

Revised 1/6/2010 by Stan Reas

FISTS Sprint Information

The following are the Official Rules for the FISTS SPRINT.

OBJECTIVE:

To exchange specified information with as many FISTS members as possible using Morse Code only, and within the time frame stipulated.

PARTICIPANTS:

Any properly licensed amateur radio operator, FISTS member or non-member is invited to take part in the contest. At least one of the two stations in each QSO must be a FISTS member.

DATE AND TIME: (subject to change, see main index page)

The Winter SPRINT will run from 1700 UTC to 2100 UTC on Second Saturday in February.

The Spring SPRINT will run from 1700 UTC to 2100 UTC on Second Saturday in May.

The Summer SPRINT will run from 2000 EDT to 2400 EDT on Second Friday in July.

The Fall SPRINT will run from 1700 UTC to 2100 UTC on Second Saturday in October.

BANDS:

Operation is limited to the following amateur bands: 3.5, 7, 14, 21, and 28 MHz amateur bands. Work stations only once per band.

ENTRY CLASSES:

There are three entry classes:

QRO: Over 5 watts -100 watts output power. 100 watts is the maximum output power allowed.

QRP: 5 watts output power or less.

Club: (regardless of power).

Entry class MUST be shown on logs to be considered for entry in a particular class, or will be assumed QRO.

An entry must be ONE class only, no combination of classes is allowed.

EXCHANGE:

The following information must be exchanged by both stations to count as a valid contest QSO:

For FISTS members:

RST, U.S. state/Canadian province/DXCC country, first name, FISTS number.

For non-FISTS members:

RST, U.S. state/Canadian province/DXCC country, first name, Power output.

DX COUNTRY STATUS:

U.S. states and Canadian provinces are those states and provinces that are contiguous and found within the North American continent. DX are those entities listed in the current ARRL DXCC publication, other than the above.

MULTIPLIERS:

Each U.S. State and Canadian province counts as 1 multiplier. Count each only once, no matter how many times worked.

Each DXCC entity counts as 1 multiplier. Count each no matter how many times worked.

SCORING:

Each QSO with a FISTS member: 5 points.

Each QSO with a non-FISTS member: 2 points.

Final score is total QSO points times multipliers.

CERTIFICATES:

U.S./VE:

Certificates will be awarded to the first, second, and third place finishers in each Entry Class.

LOG SUBMISSIONS:

Sending the logs is what counts, and they will be spot checked for accuracy and correct scoring procedures. All log entries must be received 30 days after the Sprint to be considered valid. Logs not sent to the proper address will not be considered for entry.

All logs MUST contain the following information to be considered for entry::

Your name and call sign. Club name if entry is for a club. Your FISTS number if a member. Entry class. Your claimed score. List of claimed multipliers.

The entry form is the best way to record this information.

Download the entry form from the web page.

ELECTRONIC LOGS:

We will accept E-logs in standard Cabrillo format, or ascii text files. If your not sure about your format, please contact me before the contest entry deadline.

E-logs are sent to wa1lad@cox.net ONLY.

PAPER LOGS:

Send log and forms to: **Gil Woodside, WA1LAD 30 Hilltop Ave. West Warwick, RI 02893-2825**

Get Your Feet Wet Weekend

Despite all the controversy about licensing and requirements, there are a lot of new hams who are intrigued with the code after passing their 5WPM.

But, like we all were (or are!), they are intimidated and nervous about getting on the air. They've had bad experiences on Field Day or other contests and QSO's where people won't QRS (slow down), and they are getting frustrated. We don't want that to happen! We want to encourage and nurture these new CW operators. The Novice RoundUp used to be a good forum for this, but the Novice concept is obsolete. Something needs to be implemented that would include all classes of newcomers and give them a friendly place to learn the ropes.

The 2010 Get Your Feet Wet Weekend will be 00:00Z Fri Sep 10, 2010 (Thursday local) to 00:00Z Sep 13 (Sunday local).

The focus is on sending slowly and clearly and sending the exchange in order. No memory or programable keyers or code readers are allowed - human-powered transmissions only. Certificates will

be sent out to the top three scorers in each category free of charge.

The rules: Operate under one of two categories for the entire event, Newcomer or Experienced. You can be licensed a long time but still be a Newcomer to CW or contesting. You're on the honor system: Choose whichever describes your ability.

Suggested calling frequencies are 3.558, 7.110, 14.110, 21.110, and 28.110. If you don't hear anyone, go ahead and call. Get your feet wet and jump in with a CQ FC on a clear frequency. YOU are there listening; chances are someone else is listening and waiting to hear a CQ, too.

Call CQ FC.

The Exchange: Callsign/N (newcomer) or Callsign/E (experienced), RST, Name, QTH, FISTS number or power, last two digits of the year licensed.

Example: WZ8C/E, 599, Nancy, MI, 0379, 88.

Count 2 points for working someone out of your category, 1 point for working someone in your category.

Multipliers are number of stations that were licensed during the last six years. For example in 2007, it would be stations licensed in 2002-2007, in year 2008 it would be stations licensed in 2003-2008, and so on.

Stations may be worked once per band for points, but their multiplier only counts once.

No WARC bands.

Contacts must be 2-way human-keyed CW (Iambics are fine - just no computerized or memory keyers).

Logs will be sent to Lee Hallin N7NU 3413 Walton Ln, Eugene OR 97408 or in ADIF format to hallinl@lanecc.edu within 30 days of the end of the event.

Logs and Summary pages can be downloaded from the web page <http://www.fists.org>

Excel spreadsheet available: If you want an Excel spreadsheet that will score GYFWW for you, send an email to Lee at hallinL@lanecc.edu indicating if you will be Newcomer or Experienced (so he can adjust the formulas) and your callsign. Lee will email a spreadsheet to you customized just for your callsign and entry class.

The International G3ZQS Memorial Straight Key Contest

The International G3ZQS Memorial Straight Key Contest will be 2300Z September 3, 2010 to 2300Z September 5, 2010. Everyone is welcome to participate, but only the logs of those using straight keys for all claimed contacts are eligible for awards.

BANDS:

Operation is limited to 3.5, 7, 14, 21, and 28 MHz amateur bands. No WARCs.
Work stations only once per band.

ENTRY CLASSES:

There are three entry classes:

QRO: QRP: Club: Entry class **MUST** be shown on logs to be considered for entry in a particular class, or will be assumed QRO.

An entry must be **ONE** class only, no combination of classes is allowed.

CALL: CQ FS (short for fists straight = straght key)

EXCHANGE: RST, U.S. state/Canadian province/DXCC country, first name, FISTS number (or power output for non-FISTS).

MULTIPLIERS:

Each U.S. State and Canadian province counts as 1 multiplier. Count each only once, no matter how many times worked.

Each DXCC entity counts as 1 multiplier. Count each no matter how many times worked.

SCORING:

Each QSO with a FISTS member: 5 points.

Each QSO with a non-FISTS member: 2 points.

Final score is total QSO points times multipliers.

Logs within 30 days to Lee Hallin N7NU 3413 Walton Ln, Eugene OR 97408

or email (ADIF, Excel or ASCII format) to hallinl@lanecc.edu Logs must indicate type of key used.

FISTS Awards - General Information

All FISTS awards can be applied for via e-mail.

Send an e-mail to the Awards Manager with your call sign, name, mailing address, your FISTS membership number and the name of the award you are applying for. Attach your log of all contacts for the award to the e-mail. The **ONLY** files that can be accepted are; Excel, Word, and Text files.

*** IMPORTANT: DO NOT** send logs that are scanned images of your log pasted into Excel and Word documents. Scanned images of log pages will not be accepted.

The **ONLY** data on the log should be Call, Date, Band, FISTS Nr, Points, CC number. The Rag Chewers' Award also requires the Start and Stop times of each QSO be included with the above log data.

*** IMPORTANT (For logs submitted via e-mail): Use a SINGLE TAB, using the tab key, between data elements. NOT SPACES from the space bar**

The information on your attached log is exported into Excel and checked for duplicate contacts. The data cannot be exported properly if there are spaces instead of ONE TAB. Each data element must be in a field of its own. Which means, **DO NOT** include any other information such as "QTH", "Name", or the letters "FISTS #", or "CC" in with any of the data.

Logs that DO NOT follow this format will be returned unprocessed.

We realize that the data will not line up in neat even columns when using A SINGLE TAB. It doesn't matter if the data on the log lines up or not because it is checked using a computer program, not by printing it out and looking at it. It just takes too much time to convert the logs with spaces in them to a log with a single TAB, so they will not be accepted.

Check your log carefully for duplicate contacts (called "dupes"). Delete them from your log before submitting your log for an award. Deleting dupes from your log is **your** responsibility. Paper and electronic logs with excessive dupes will be returned and not processed.

Please do not send logs that are scanned images (.jpg .gif for example) of your log pasted into Excel and Word documents. Scanned images of log pages will not be accepted. All logs must have "editable" text.

When you apply for an award, please send the **complete log** for that award. For example, if you have the Silver award and are applying for the Gold award, send the complete log showing all contacts used for the Gold award 500 points.

If you are mailing your award application, **DO NOT SEND YOUR ORIGINAL LOG**. Send a copy. After the logs are checked, the logs are discarded. It is too expensive to mail them back. If you want your log returned, include sufficient return postage.

All contacts submitted in award logs must have been made via two-way CW mode on the air using the call sign, or a previous call sign held by the person submitting the award log.

There is no charge for awards of FISTS members whose dues are current.

Non-FISTS and FISTS members whose dues are not current are eligible for awards, but please enclose \$3 to help defray expenses.

Everyone worldwide can submit their logs for North American Chapter sponsored awards to

**FISTS Awards Manager
Dennis Franklin K6DF
4658 Capitan Drive
Fremont, CA
94536-5448**

Or email to: fistsawards@fists.org Please put the word FISTS in the title of your email.

Dupe Check Sheets

A duplicate-check sheet must be included with all submitted paper logs with over 100 contacts that are NOT sorted by FISTS number for Century Certificate Awards, or sorted by CC (Century Certificate) number for Platinum Awards.

If your log is sorted by FISTS number or CC number, you do not need to send a dupe sheet. **The NANFA Award does not require a dupe sheet.**

A dupe-check sheet can be viewed or downloaded online. To view it online, just click the link on the

awards web page. To download, “right mouse click” on the link and “save as” to your hard drive.

To make your own dupe sheet, take a blank sheet of 8.5 by 11 paper and turn it sideways so that the long side is at the top. Write the numbers 1 through 9 along the top edge of the paper spreading them out so you have plenty of room between each number.

Now, go through your award log and write the FISTS number for each QSO under the numbered column that corresponds with the first number of each FISTS number. **DO NOT USE THE CALL SIGNS**, use the FISTS number. Each time you enter a new FISTS number in a column, check down through that column to see if that FISTS number has been previously entered.

If it has, then it is a duplicate and should NOT be used for your award Log. This dupe sheet needs to be included with your award log when applying for awards with over 100 contacts that are not sorted by FISTS number.

What is a CC Number?

This is one of the most asked FISTS questions! CC stands for Century Certificate.

There is a unique, sequentially-issued number on your Basic Century Award. This number is your Century Certificate number, commonly referred to as your CC number. This number, like your FISTS number, remains assigned to you no matter what - if your dues lapse, when you rejoin the club your FISTS number and CC number (and any other award numbers) are reactivated. They are never assigned to anyone else, and, with the exception of a club number, the number should not be given out by anyone else.

People exchange CC numbers on the air because the Platinum Awards are earned by “collecting” them. You need not have a CC number to collect CC numbers and earn a Platinum Award, but it makes it more fun if you can give one out, too.

The Century Award Series

IMPORTANT TO REMEMBER: A FISTS number can only be counted once.

YOU don’t have to be a FISTS member at the time of the contact, but THE PERSON you are claiming for award points must have a FISTS number AT THE TIME OF THE CONTACT. For example, if you have a QSO with someone who is not a FISTS member, but they join FISTS after the QSO, you must work them again for credit. You cannot count the QSO you had before they joined FISTS toward most FISTS awards (check the requirements for each individual award for details).

The person you contact does not have to be an active member at the time of your contact. Their number still counts. It would be impossible for our Awards Manager to cross-check dates of renewals with the contact dates, so we make it simple and say “everyone counts.” We would hope that if someone cares enough to give out their FISTS number on the air, they will care enough to support the club, but their number counts regardless whether they are a member in good standing or not. You are only cheating yourself if you take advantage of a loophole or don’t complete the awards the way you’re supposed to.

A QSL card is not needed to claim the contact for Century Awards. A worksheet is available in PDF format (you need the FREE Adobe Reader to view/use it). Use it to help keep track of stations worked, and it can be used for ALL of the Century Awards. It can be downloaded from the FISTS web page.

Basic Century Award

The Century Award is earned by working 100 points of FISTS members. FISTS who are operating from the same country that you are in are worth one point. FISTS operating from a different country, as defined by DXCC rules, are worth two points. FISTS-affiliated club stations are worth three points.

The following FISTS National Club Stations are worth 5 points towards FISTS awards;

GXØIPX #1, ZL6FF #9600, VK2FDU #9610, KNØWCW #10,000, and JL3YMV #15000

Silver Century Award

The Silver Century Award has the same rules as the Basic Century and is for a total of 250 points. Points used to claim the Basic Century may be used toward the Silver Century Award. Send a log showing all 250 points used for the Silver Award.

Gold Century Award

The Gold Century Award has the same rules as the Basic Century, but it is for a total of 500 points. Points used to claim the Basic Century & Silver Century may be used toward the Gold Century Award. Send a log showing all 500 points used for the Gold Award.

Diamond Century Award

The Diamond Century Award has the same rules as the Basic Century, but it is for a total of 1000 points. Points used to claim the Basic, Silver, and Gold Century Awards may be used toward the Diamond Century. Send a log showing all 1000 points used for the Diamond Award.

NOTE — If you earn your Basic, Silver, Gold, or Diamond award using QRP, (5 watts or less), and you want a QRP endorsement; please state so at the time of your application for that award. Your call will be printed on the award as, “Your Call - QRP “.

Platinum Award Series

This award, which used to be called the Century of the Centuries, is earned by working 100 different Century Certificate holders. **The Century Certificate (CC) number must be obtained during an on-air CW QSO.** Each CC number is only counted once, for a total of 100 numbers, regardless of location or band.

You do not have to have a QSL card to claim the contact for the Platinum Awards.

A worksheet is available in PDF format (you need the FREE Adobe Reader to view/use it). Use it as a check sheet to help keep track of stations worked, and it can be used for ALL of the Platinum Awards. It can be downloaded from the FISTS web page.

Platinum 250 Award

The 250 Platinum Award is for 250 Century Award holder Contacts. Send a log showing all 250 CC numbers used for the Platinum 250 Award.

Platinum 500 Award

The 500 Platinum Award is for 500 Century Award holder Contacts. Send a log showing all 500 CC numbers used for the Platinum 500 Award.

Mobile Award

This award is earned by accumulating 100 points of two-way CW OSOs made while MOBILE on or after September 1, 1998.

Point rules are the same as the Basic Century Certificate Award. Duplicate contacts do not count.

For purposes of this award “Mobile” means: Any land motor vehicle used to transport people (car, truck, etc.) Transmitting and receiving antennas must be physically attached to the vehicle. The transceiver must be located inside the vehicle and powered by the vehicle’s electrical system. The contacts do not have to be made while the vehicle is in motion and you are urged to use common sense and not operate the radio if it endangers you or others.

You may count the points claimed for the Mobile Award toward the one and two-way QRP Awards if the power is 5 watts or less. They may also be counted toward the Gold, Platinum, or other awards if you have not previously claimed these contacts.

Worked All States Award

The Worked All States award is earned by working FISTS members in all 50 states. The station worked must be a FISTS member at the time of the contact.

Contacts must be made from the same location, or from locations no two of which are more than 50 miles apart which is affirmed by signature of the applicant on the application.

A check sheet is available in in PDF format (you need the FREE Adobe Reader to view/use it) and can be downloaded from the FISTS website.

Rag Chewers Award

This award is earned by making 100 two-way CW QSOs, each lasting at least 30 minutes, with another FISTS member on or after the date of September 1, 1998. Duplicate member contacts are valid, but they must be made on different dates.

1-Way and 2-Way QRP Awards

The 1 X QRP Award is earned by working 100 points of FISTS members while you are operating QRP, 5 watts or less. Same point rules as the Basic Century Award.

The 2 X QRP Award is earned by working 100 points of FISTS members while you and the other station contacted are **both** operating QRP, 5 watts or less. Same point rules as the Basic Century Award.

Nightmare Alpha-Numeric FISTS Award

The starting date for this award is January 1, 2003. All contacts claimed for this award must be made after this date. This award will be a lot of fun as well as a challenge. The award was created by Jack Bock, K7ZR #2656 (Silent Key).

There is NO TIME LIMIT to complete this award.

- 1) Contacts must be 2-way CW on-air contacts made on or after Jan 1, 2003.
- 2) Contacts can be made at any time, any place at any speed.
- 3) Contacts must be with a person or club with a FISTS number.
- 4) Contacts can be with FISTS from any country.

The object is to work stations whose call signs fit into the squares on a grid. There are 260 squares (26 letters and 10 numerals) 'Counters' are the last numeral of the call sign and the first letter of the suffix. For example, K7ZR goes in the 7 column at the Z row. WZ8C fits in the 8 column on the C row. P31ABC would be in the 1 column on the A row.

By convention, use the numeral of a portable designator if there is one - WB9CIS /M3 would be in the 3 column on the C row. Also put the date (month/day) in the square with the call sign for reference.

You can make your own grid sheet by taking a piece of 8.5" x 11" lined writing paper and drawing 10 each 3/4" vertical columns labeling them "1" through "0". Then go to the left-hand margin and label 26 of the horizontal stripes "A" through "Z".

A ready-made .pdf grid log is available for downloading on the FISTS website.

To get your NANFA certificate, send your completed grid (filled in with the call signs and dates) along with your log containing the same contact info used for the Basic Century Award. If you work the award using QRP or Mobile, note this on your award application if you would like that endorsement. Your award certificate will then be printed with "Your Call - QRP" or "Your Call - Mobile".

The Millionaire Award

So, you want to be a millionaire? You'll feel like a million bucks when you hang this piece of wallpaper in your shack! This award is simple and obtainable, as well as challenging. You earn it by working a total of a million in FISTS membership numbers. The basic award is for one million points with endorsement stickers for additional increments of one million.

For example, if you work member number 11500 and member number 10000 and then work #379, you'd have a total of 21,879 points.

We hope to encourage newer FISTS members to get on the air, since they have "bigger" FISTS membership numbers they will be sought after.

You may only claim member numbers for credit once per band, but use as many bands as you want. *If you use the WARC's please be sure your contact is a legit QSO. We don't want FISTS to have the reputation of being the ones to spoil the WARC's with hit and run, contest-like QSOs. Exchange FISTS numbers on the air and have a little chat - about the weather, your key, your rig, family...*

Two-way CW contacts only. You do not need to get a QSL confirmation of the QSO - just keep a running total of the FISTS membership number points. Only contacts made on or after January 1, 2006 are valid.

To claim the award with a paper/written log, include a log sheet that has the contacted callsign, band & date worked and FISTS number - with the numbers totaled - and DUPE SHEETS for each of the bands used. Since you may work a FISTS number on different bands for credit, separate dupe sheets for each band are necessary to help the Awards Manager verify your log.

Send paper logs/dupe sheets submissions to: Awards Manager Dennis Franklin, K6DF, 4658 Capitan Drive, 4658 Capitan Drive, Fremont, CA 94536-5448

Logs submitted electronically do not need to include dupe sheets. Email logs to Dennis via the link on the bottom of the main FISTS page or fistsawards@fists.org. Attach your log of all contacts for the award to the e-mail. The ONLY files that can be accepted are; Excel, Word, and Text files. Put FISTS in the title of your email.

For this and ALL award submissions, include your callsign, name and address, FISTS membership number, and the name of the award you are applying for. DO NOT send logs that are scanned images of your log pasted into Excel and Word documents. Scanned images of log pages will not be accepted.

This award, as well as all FISTS awards, is available to FISTS and non-FISTS members. It is free of charge to members in good standing. Others please include \$3 to help defray the expense.

Please answer someone's CQ at the speed they are sending and USE SPACES between your letters and words. The most common, yet most easily remedied, problem is SPACING. You can be sending perfectly formed code, but if it's all run together, it still sounds like gibberish and gives you a bad fist.

Novice/Tech Activity Awards

To encourage operating activity on the Novice/Tech portions of the CW bands, FISTS offers two awards:

One operating achievement award is ONLY for Novice/Techs who work 25 FISTS members of any license class in the Novice/Tech parts of the band (CW, of course). The Novice/Tech does not have to be a FISTS member.

The second one is for FISTS members (General and higher) who work 50 points of Novice/Techs in the

Novice/Tech CWsubbands. N/T's who are FISTS are worth 2 points, non-FISTS N/T's are worth 1 point.

Basic info will be required for the contacts to be legit, including the date, band, RST, name, QTH, Call worked, license class and FISTS number, if applicable. The starting date for this award is MAY 18, 2009. Mail logs to: Award Manager, Dennis K6DF. Non-FISTS and those with FISTS number who are not current with their dues please include \$3 for expenses. The awards are free for members in good standing.

The CW / Phone Award

Purpose: The purpose of this award is to promote activity on the CW amateur bands, to encourage the exchange of information that might lead to rag chewing and also to encourage interaction between FISTS members and non-FISTS members. It also provides a goal for those who need a reason to get on the air and make some QSOs!

Time Period: Contacts must be made on or after January 1, 2009. This is an open-ended award with no finishing deadline.

Goal: To chat with hams who live in 100 different telephone area code districts. The area codes may be anywhere in the world, and the hams include all legally licensed operators. Contacts must be valid two-way Morse code contacts made on any of the legal ham bands.

Exchange: Any information may be exchanged during the course of the QSO, but the minimum information must include Name, QTH, signal report and area code.

Points: Each area code equals one point, with 100 points needed to earn the award. Each area code must be counted only once. An area code is defined as the area code for the telephone number of the phone the person uses most often. One area code is allowed per callsign. You must use the same area code for all QSO's that you make during the course of the year unless your station is physically moved to another area code.

For example, if you work someone and they give you the area code of their home phone, you cannot work them again and receive the area code of their cell phone or work phone for another point. Mobiles use the same area code as they use while operating fixed. One area code per callsign only, unless you move your place of residence.

No multipliers or bonus points for club stations. Everyone is worth one point.

Log Submission: A dupe sheet must be included with the log and will be available on the web page <http://www.fists.org>. Information to be included on the award log submission is Date of contact, Name, RST, QTH and area code. Awards can be postal mailed to Dennis K6DF, 4658 Capitan Dr, Fremont CA 94536-5448. Contact Dennis via fistsawards@fists.org for information on emailing logs to him.

Certificates will be issued free of charge to FISTS members. Non-FISTS members, including those whose memberships are not in good standing meaning you haven't paid your dues and your membership has lapsed at the time of application) please include \$4 to cover the cost of the certificate, envelope and postage. Good luck and have fun!

The FISTS Military Appreciation Award

The North American FISTS CW Club announces a new operating achievement award, the USA FISTS Military Appreciation Award. To earn the award, make 2-way CW QSOs with 100 FISTS members who are U.S. military veterans or currently serving in the U.S. military.

Logs must include the following QSO information for the station worked:

Call, Name, Date, Band, FISTS Number, and Branch of Military Service.

Each FISTS number may be worked only once for one point. Remember, it is the FISTS NUMBER that counts, not the callsign. If a person changes their call, you cannot work them again for credit, because they will still have the same FISTS number.

The award may be earned by anyone, FISTS and non-FISTS. The award is free, including postage, to current FISTS members who submit qualified logs. Those who are not FISTS members or are not FISTS members in good standing must include \$3 cash, check payable to FISTS, or paypal to fists@tir.com to defray the expense of the certificate and postage.

This is an open-ended award with no closing date, but contacts must be made on or after January 15, 2010. Contacts may be made on any legal CW band. Since the military record of FISTS members is not in the database, it is hoped that this award will encourage rag-chewing. If contacts are made on the WARC bands, please do it during a QSO and not in a "number chasing" manner.

To submit your log via email, send an e-mail to Awards Manager, K6DF, at fistsawards@fists.org with your call sign, name and address, FISTS membership number, and the name of the award you are applying for. Attach your log of all contacts for the award to the e-mail. The ONLY files that can be accepted are; Excel, Word, and Text files. DO NOT send logs that are scanned images (jpg) of your log pasted into Excel and Word documents.

If you are mailing your award application to K6DF via his callbook address, do not send your original log; send a copy.

FISTS USA Club Call Certificates

There are two FISTS USA Club Call certificates: The KN0WCW Operator and The KN0WCW Operator Achievement Award.

The KN0WCW Operator Certificate is earned by making a minimum total of 10 CW contacts per day, with FISTS or non-FISTS stations, during scheduled use of the FISTS USA club call during the time you are the Control Operator of the call. 30M 10.118 mhz

Example: If you signed up to use the club call KN0WCW for 5 days, you must make a minimum total of 50 QSOs with the club call in order to qualify for the Operator Certificate. These 50 contacts may be spread out over the 5 days in any manner. Sent your paper club call log within 15 days to:

Karl Zuege, KB1DSB - KN0WCW QSL MGR, 2176 Drake Road, Bomoseen, VT 05732
(802) 468-5444 (leave message and will spend the dime to call you back)

Email: kb1dsb@sover.net

FISTS USA Club Call (KN0WCW) Achievement Certificate

There are two options to obtain the Achievement Certificate:

Option 1. Contact the FISTS USA Club Call once each month of the calendar year. (Total of 12 QSOs)
Example: You work W2YMX using the club call in January, you may also work W2YMX using the club call again in February, plus other stations in the remaining 10 months. A contact needs to be made with the club call every month of the year under option #1. Using Option #1, the same station using the club call may be worked more than once providing it is in different months.

OR ...

Option 2. Contact 12 different authorized stations using the FISTS USA Club Call during a calendar year. (Total of 12 QSOs)

Example: If work W2YMX, N1PT and KB1DSB using the Club Call in January, you may not work those stations using the Club Call again in any other month during the year if you are going to claim the Achievement Certificate under option #2. Using Option #2, you can only work a station authorized to use the club call once during the calendar year.

Send your station log claiming the Achievement Certificate to:

Dennis Franklin, K6DF, 4658 Capitan Drive Fremont, CA 94536-5448

E-Mail logs will be accepted for the Achievement Certificate only at the following e-mail address: fistsawards@fists.org (put FISTS in the title of your email) Only Excel, Microsoft Word and Text files are acceptable e-mail logs for the Achievement Award.

Questions about awards may be directed to Dennis Franklin, fistsawards@fists.org

Rules for FISTS USA Club Call Use

You must have permission to operate with KN0WCW. To get permission, contact Karl KB1DSB at hmc.ret.karl@myfairpoint.net Check the FISTS web page for available dates.

1. When using the FISTS USA Club Call (KNØWCW) you must attach YOUR call area to the call depending on where you are located during your operation. Example: KNØWCW/6 if you are located in CA, or KNØWCW/1 if you are located in VT.
2. A log must be kept of all QSO's with the following minimum log information; UTC Date and Time of QSO, Call of Station Worked, Frequency, His RST, Your RST, Name of Operator Worked, and QTH of Station Worked. A Club Call Log sheet is available on the FISTS web page.

Send your paper Club Call log, within 15 days after your last day of operation, to:

KN0WCW QSL Manager, c/o Karl Zuege, KB1DSB, 2176 Drake Road, Bomoseen, VT, 05732

3. All assigned dates of operation are according to **UTC** (GMT) date and time.
4. All contacts made using the FISTS USA Club Call are not useable for awards for your own call sign.
5. KN0WCW attempts to QSL 100%. QSL cards will be provided to you for the times you use the callsign. If you can't fill out and/or send the cards yourself, please let QSL manager Karl know and he will do it for you.
6. All QSOs must be made on CW mode only. Any amateur band may be used.
7. When you are the control operator of the station using the FISTS USA Club Call, you must stay within the operating privileges of your own license class.
8. The FISTS number for the FISTS USA Club Call is 10,000 and is the number you should give out when using the Club Call Sign, NOT your own FISTS number. The FISTS USA Club Call CC number is 1380.
9. Envelopes are being kept on file with the FISTS Bureau and the ARRL 0 Bureau for incoming QSL cards. Incoming cards are being put into albums by Karl, and the albums will be available to take to major hamfests or FISTS activities.

If you want a card from a contact you made while using KN0WCW, that is fine, but please ask the person sending the card to send the card directly to you. Cards sent to the bureau will be sent to Karl for use in the club collection and are considered to be "property" of KN0WCW.

Hints From Karl, KN0WCW Trustee

1. I am scheduling operations for the FISTS USA Club call. The web site calendar is up for 2010. Please contact me if you would like to operate the KN0WCW call. Please give me some lead time to get you on the calendar and announced on the FISTS Reflector.
2. If you make contact with KN0WCW, the easiest way to QSL is via the FISTS QSL Buro. If you wish to send a QSL to the KN0WCW QSL MGR (me), please do not send an SASE. The operators do the QSL'ing. You are just wasting your money.
3. Please do not QSL the KN0WCW operator's personal call unless you did in fact exchange info for their personal call. This has happened more than once this past year. This places the club call operator in a potential embarrassing position. Asking them to QSL for a contact not made is just not right. Please do not do it.
4. Band conditions are up, down and non-existent at times. And, the bands open, close, and go long without regard to a QSO in progress. Conditions will get better; in the mean time patience is the rule of the day. Give someone the benefit of the doubt if they appear to "steal" the frequency from you, odds are that the band changed and your signal disappeared.

Contact me at: hmc.ret.karl@myfairpoint.net
73 de Karl, KB1DSB KN0WCW Trustee, QSL MGR and scheduler

EUROPEAN SPONSORED AWARDS - contact the UK chapter with an questions

G3ZQS WARC Band Challenge has been discontinued.

Ladder Activity 2010

DATES January 2010 to December 2010. To be run on the 2nd and 4th Sunday of every month.

TIMES TWO, TWO HOUR SESSIONS OPERATING BETWEEN THE HOURS OF 1400-1600 AND 1800-2000. ALL TIMES UTC! NOTE: You can only submit ANY TWO of your two-hour sessions out of a possible four!

QRG All licensed amateur bands except the WARC bands.

SCORING

5

points FISTS HQ station, 3 points for a Fists affiliated Club Station, 2 points for a Fist member, 1 point for a non-member. A station can only count once on each Sunday.

LOGS

DATE/CALL/NAME/QTH/QRG/RST/TIME/FIST No or NM/POINTS SCORED.

DATES

Jan

10th/24th - Feb 14th /28th - March 14th/28th - April 11th/25th - May 9th/23rd -

June 13th/27th - July 11th/25th Aug 8th/22nd - Sept 12th/26th - Oct 10^h/24th - Nov 14th/28th - Dec 12th/26th

GENERAL

PLEASE vacate or pass on the FIST calling frequency after 5 continuous QSO's or QSY off the calling frequency. PLEASE NOTE, These activities are meant to be fun and friendly as well as competitive. Any contact not showing the required return information will be excluded from the total scores.

SEND

TO All entries can be received by post or E-mail to; R.D.Walker, 87A Whitehall Road, West Bromwich. B70 0HG. Logs are to be received by the 5th of the next month in Excel, CS V, tabbed word formats or hard copy. E-mail: m0bpt(at)yahoo.co.uk

Straight Key Week 2010 (SKW)

DATE 0001 UTC on 5th September to 2359 on 11th September 2010. UTC

QRG All licensed amateur bands except the WARC bands.

SCORE

5

points FISTS HQ stations,
3 points for a FISTS affiliated Club Station,
2 points for a Fist Member,
1 point for a Non Member.

EXCHANGE

RST/

NAME/QTH/FIST No or NM/DAY No. Sunday is Day 1 Monday is Day 2 and so on To Saturday as Day 7. All entrants must have used a straight Key for all their QSO's but the worked station does not have to use a straight key.

LOGS To include DATE/CALL/NAME/QTH/QRG/RST/TIME/FIST No or NM/DAY No/POINTS. All entries to be received by the 26th September 2010.

GENERAL

A

station can only be worked once per day! PLEASE vacate or pass on the FIST calling frequency after 5 continuous QSO's or QSY off the calling frequency. PLEASE NOTE, These contests are meant to be fun and friendly as well as competitive. Any contact not showing the required return information will be excluded from the total scores.

AMENDMENT TO THE RULES! As from 2010 a manual sideswiper may be used as long as no electronic means of keying are used. This amendment has been allowed for those who find straight keying for a long period of time causing discomfort and aggravating any medical condition.

SEND LOGS

TO All entries can be received by post to; R.D.Walker, 87A Whitehall Road, West Bromwich. B70 0HG. or by EMAIL m0bpt(at)yahoo.co.uk in Excel/csv/tabbed word format if possible please

FISTS 3 Hour Sprint 2010

After being asked for an event by some members involving high speed operation, I've decided on something to be added to the 2010 activity calendar that's a little different.

DATES Session#1 26th June 2010.0001-2359UTC. Session#2 24th July 2010 0001-2359UTC

BANDS 80m, 40m, & 20m.

SCORING N M=1pt, members=2pts, club calls=3pts, HQ calls=5pts.

TIMES You can choose to operate anytime during the 24 hour period, but can only submit 3 hours of log

EXCHANGE Call, report. (fists number)

LOGS Date, call, time in, time out, fists nr or nm, points. The total time of each QSO must be recorded in your log. Logs to be received no later than the 7 th August 2010, in excel, csv, tabbed word format, tabbed txt file format please!

SEND TO

R.D.Walker, 87A Whitehall Road, West Bromwich B70 0HG. EMAIL: m0bpt(at)yahoo.co.uk

G0HGA VHF/UHF/SHF CW Activity 2010

POWER Up to your countries legal limit

DATES 0001 1st January to 2359 31st December 2010

BANDS 6M 4M 2M 70CM 23CM 10GHz Bands (Any authorised frequency)

SCORING 1 point Non-members, 2 points FISTS Members, 3 points FISTS affiliated club stations, 5 points FISTS HQ Stations

EXCHANGE FISTS Nr (Or NM)-QTH or LOCATOR-NAME-RPRT

LOGS To include DATE/TIME/CALL/NAME/QRG(Band)/QTH or LOCATOR/FISTS Nr (Or NM)/
POINTS

SEND TO: R.D.Walker. 87A Whitehall Road, West Bromwich B70ØHG ENGLAND Email:
m0bpt(at)yahoo.co.uk

FORMATS ACCEPTED Excel, csv, tabbed word format, tabbed txt file format preferred. Or a hard copy of your log with the entries of interest highlighted

GENERAL Monthly returns by the 14th of the next month. The purpose of the activity is to promote CW on the bands specified, it is not a contest!! 2M Activity "Natter nights" 144.058+/- 1930pm on-wards Monday Wednesday and Friday evenings local time. Entries in other events scheduled by other organisations during the year are permissible as long as the required information was exchanged. A station cannot be worked more than four times in a month on a specific band.

GENERAL#2 FISTS NA, FISTS DU, and FISTS EA. Seperate awards offered should they wish to join in!

EUCW QRS Party 2010

GENERAL FISTS CW Club invites all radio amateurs to take part in the annual EUCW/FISTS QRS Party over five days, Monday-Friday, in April each year. This is not a contest . Just enjoy plenty of slow Morse activity for a period of five days. The dates selected are intended to avoid weekend contest activity. Work any station, including members of EUCW clubs (see below), but send only in QRS. Standard QSO's with non-participating stations can be included in logs.

DATES

TIMES Monday 26th April 2010, 0001 UTC, to Friday 30th April 2010, 2359 UTC.

MODE CW only

POWER

More than 10w input or 5w output power

B - QRP (10w input or 5w output, or less)

C - Short wave listeners.

A -

CALL CQ QRS.

Stations may be worked once per day, per band.

QRG's Recommended areas of activity, +/- 10 kHz of the FISTS calling frequencies, including WARC bands (see below), but contacts can be made on any frequency. Non-QRP stations should avoid calling CQ on the popular QRP frequencies (see below).

KEYS:

SPEEDS

Use any type of key or keyer. No keyboard sending or pre-programmed messages from computers or keyers, but pre-programmed CQ calls or CQ loops are permitted. Maximum speed 14 words per minute (70cpm). The speed of a QSO should be at the speed of the slower station.

CONTACTS

Normal friendly QSO's, no special requirements. QSO's with any station count. Work any station in any country, including stations not taking part in the QRS Party but try to persuade them to work QRS.

LOGS Logs should show Date, Time, Call sign, Name, QTH and EUCW Club/Number (if appropriate) of the stations worked/heard, and may include up to three votes for "Most Readable Morse Heard" (one vote per station).

FEEDBACK

This is not a contest, but logs and feedback will be welcomed in the following classes:

A - More than 10w input or 5w output power

B - QRP (10w input or 5w output, or less)

C - Short wave listeners.

AWARDS

A) A certificate will be awarded to the three participants working/hearing the most stations in each class.

B) Certificates of Merit will be awarded to the three operators receiving most votes for the "Most Readable Morse Heard", provided the operators nominated have also submitted a log. If the operators receiving the most votes have not submitted a log the certificates of merit will be awarded to the qualifying operators with the next highest number of votes. In the event of a tie in first, second or third places, multiple certificates will be awarded, marked "Shared Award".

C) A "NEWCOMERS AWARD" Will be issued to the person who submits a log and uses the QRS PARTY WEEK for their 1st "On Air" QSO. This must be verified by an EUCW Member.

SEND LOGS TO

FISTS/EUCW QRS Party Organizer: Robert Walker M0BPT, 87A Whitehall Road, West Bromwich, B70 0HG. England. EMAIL m0bpt(at)yahoo.co.uk To be received by surface mail or e-mail not later than 31st May 2010.

INFO FISTS calling frequencies : Recommended area of activity +/- 10 kHz 2m 144.058 MHz 6m Use any authorized CW frequency 10m 28.058 MHz 12m 24.918 MHz 15m 21.058 MHz 17m 18.085 MHz 20m 14.058 MHz 30m 10.118/10.128 MHz 40m 7.028 MHz 80m 3.558 MHz 160m 1.818 MHz QRP CW Calling Frequencies to be avoided by non-QRP stations. 1843; 3560; 7030; 10116; 14060; 18096; 21060; 24906; 28060 kHz.

FISTS East Asia CW Net

We have informal CW sessions for ANYONE who wants to practice English QSO.

When: On Sundays @ East Asia

Part I between 7.025MHz and 7.030MHz, sometimes between 18.080MHz and 18.085MHz, or around 10.138MHz starting 2300UTC on Saturdays (0700 Taiwan/Singapore Time, 0800 JST on Sundays)

Part II between 14.050MHz and 14.055MHz sometimes between 18.080MHz and 18.085MHz, or around 10.138MHz starting 0800UTC on Sundays (1600 Taiwan/Singapore Time, 1700 JST on Sundays)

Speed: 12WPM to 15WPM

Controlled by: Nao, JO3HPM, Sugi, JK7UST/JE7YTQ, Leo, JJ8KGZ, and Manabu, JE1RZR

Managed by: Nao, JO3HPM

DX Calling Frequencies

The USA list of calling frequencies on the web page is outdated, it needs to be looked at again now that the bandplans and licensing has changed. If anyone would like to volunteer to undertake this task, please contact me, nancy@tir.com.

With over 13000 FISTS numbers assigned, it would seem that we would no longer need calling frequencies to find each other, so don't be shy to put out a CQ anywhere you find an empty spot!

The following are suggested frequencies from the DX Chapters, they may help you find more DX FISTS friends:

From the **Down Unders**: Suggested HF Calling Frequencies

160M - 1.808 mhz

80M - 3.528 mhz

40M - 7.028 mhz

30M 10.118 mhz

20M - 14.058 mhz

17M - 18.085 mhz

15M - 21.058 mhz

15M - 21.158 mhz

12M - 24.918 mhz

10M - 28.058 mhz

10M - 28.158 mhz

FISTS East Asia

7.026/7.028, 10.118/10.138, 14.058, 18.085,

21.058, 24.918, 28.058/28.158 MHz

European Chapter

10m 28.058 MHz, 12m 24.918 MHz

15m 21.058 MHz, 17m 18.085 MHz

20m 14.058 MHz, 30m 10.118 MHz

40m 7.028 MHz, 80m 3.558 MHz

160m 1.818 MHz

FISTS Down-Under Sponsored Awards

The FISTS Down Under Award is earned by accumulating 50 points.

For this award contacts with any FISTS Down Under (FDU) member in ZL or VK since the inauguration of FISTS Down Under on 1 June 1998* are worth one point. Contacts with FDU affiliated club stations are worth five points each. (Currently ZL6FF, VK2FDU, ZL2SWR and VK4RC/VK4IZ.) This award is available for all FISTS Club members worldwide. A station can only be claimed once. - Note, the one point for working a FDU station is the same for all members, (i.e. there is no premium for working outside one's country.)

FISTS Down-Under Prestige Award

The FISTS Down Under Prestige Award is earned by accumulating 100 points or more.

For this award contacts with any FISTS Down Under (FDU) member in ZL or VK since the inauguration of FISTS Down Under on 1 June 1998* are worth one point. Contacts with FDU affiliated club stations are worth five points each. (Currently ZL6FF, VK2FDU, ZL2SWR and VK4RC/VK4IZ.) This award is available for all FISTS Club members worldwide. However for Australian and New Zealand claimants a FDU club station can only be claimed once, while for claimants elsewhere, a FDU club station and each member can be claimed once on each of three recognised amateur bands, including the WARC bands.

Stickers will be available to add to the award for 150, 200 and 250 Points.

*Contacts, with a FISTS Down Under station with a FISTS number below 9000 prior to 1 June 1998 will count, but only if FISTS numbers were exchanged at the time.

Check sheets for all FISTS awards are available free on request.

The system of recording contacts and applying for the FDU award are the same as for all the other FISTS awards except that logs should be forwarded to the FDU Award manager, Ralph Sutton
ZL2AOH

Postal Address: 12c Herbert Gardens

186 The Terrace

Wellington 6001

New Zealand

Fax: +64-4-473-0847

E-mail zl2aoh@ihug.co.nz

There is no charge for the award although donations towards the costs involved are always welcome and acknowledged.

CW Net Listing Project

The ARRL used to list Slow-Speed Nets in their net directory book, but has discontinued compiling this information. To fill this void, FISTS is compiling a list of slow-speed and high-speed (25 WPM+) nets. Philip Kroth, KA2QIK, is heading up this formidable task and needs your help to make this list comprehensive and up-to-date. Please write to Philip with the following information:

- * Net Name
- * Coverage Area: i.e. location or area the net typically serves.
- * Primary Purpose: i.e. ARES, Traffic, Code Practice, Weather, etc.
- * Affiliated with the National Traffic System: Yes/No
- * Net Manager's Callsign:
- * Callsign and contact information of station submitting information:
- * Is this a Slow-Speed or a High-Speed Net?
- * Net Frequency:
- * Time the net meets (specify UTC (winter) AND Local time):
- * Days of the week the net meets: (See the following for the preferred format and don't forget to specify UTC or local date.)
Day Abbreviations: M = Monday T = Tuesday W = Wednesday Th = Thursday F = Friday
S = Saturday Sn = Sunday Dy = Daily When Needed = net meets when needed

Monthly Period Definitions

1 = 1st appearing day of that month
2 = 2nd appearing day of that month
3 = 3rd appearing day of that month
4 = 4th appearing day of that month
5 = 5th appearing day of that month
alt = net meets every other week
continuous = net is continually activated

Sample Entries:

MWF = Net meets every Monday, Wednesday, Friday
MTWThF = Net meets Monday, Tuesday, Wednesday, Thursday, Friday
1,3,5 W = Net meets every 1st, 3rd, and 5th Wednesday of the month

Send info to
Phil Kroth, KA2QIK/7
7956 East Feathersong Lane
Scottsdale, AZ 85255
or via email pjkroth@juno.com

FISTS Code Buddy Program

What is it and why would I want to join?

Let me take a couple of lines to give you my commercial, Hi, in case you are not familiar with the FISTS Code Buddy Program. The program was designed and created in England as an original part of FISTS in 1987. It started matching people on an infrequent basis, and has developed into a very popular and highly organized program thanks to Nancy Kott, WZ8C and later by Ed Breneiser, WA3WSJ and John Cmiel, W9EM, Nick Yokanovich, K3NY, now oversees the program with the assistance of the K3NEM, The Amateur Radio Club of the Historical Electronics Museum.

You don't have to be a member of FISTS to participate in our Code Buddy Program, but there are a many reasons to join the club. We have thousands of members worldwide and I'm proud to say, we are the fastest growing CW organization in the world. If you are not a member, check out some of the benefits on our web site at www.fists.org . You will find applications for membership to both the FISTS CW Club and our Code Buddy Program on the web site. If you decide to join the club, and I hope you do, you will find it is loaded with friendly, helpful and interesting people.

Now, back to the Code Buddy program. In general terms, the FISTS Code Buddy Program matches an experienced CW operator with someone that wants to improve. They find convenient schedules and work one on one, on the air, to develop good operating skills and improve speed. It has been a very successful program. We have several hundred participants.

The first step in joining is to fill out a Code Buddy Application so we can collect your profile information and put you in our database for an assignment. We'd love to have you join the team either as a student and/or teacher -also known as an Elmer.

Sometimes it takes a little while, but rest assured we are reviewing all of the student and teacher applications every week and will get an assignment for you as soon as possible.

If you can, let us know your best areas of propagation. It gives us some idea of the best place to start when making an assignment. Also, as much personal information that you care to share, hobbies, interests, background, etc., helps us find someone that may be more compatible.

We can also match you up with someone who is around your own speed, who just would like a friendly fist on the other end of the QSO. If you are a nervous beginner with Morse code, Code Buddies are a perfect way to get over those initial jitters. It also will help you to get code practice - looking forward to a sked on the air gives you a lot of incentive.

We look forward to hearing from you and appreciate your interest. Please let us know if you have additional questions. Many of our code buddies become very good friends. I hope this happens for you.

73, John W9EM, former Code Buddy Coordinator.

Nick K3NY -K3NEM MembershipCode Buddy Coordinator

108 Brent Rd, Arnold MD 21012-1143

FISTS CODE BUDDY APPLICATION

Call Sign **FISTS Number** (not required) _____

Name

Home Address **Apt. No.**

City **State or Prov.** **Zip**

Country **Postal Code**

Phone Numbers

Daytime

Evening

E-mail Address

License Class

Code Speed - Comfortable at: (circle all that apply)

0 WPM	1-5 WPM	6-10 WPM	11-13 WPM
14-15 WPM	16-20 WPM	21-22 WPM	
23-25 WPM	26-30 WPM	31-35 WPM	
36-40 WPM	40+ WPM		

I am looking (check all that apply)

for a Buddy to help me improve (I NEED HELP!).

to help a Buddy that wants to improve (I'd like to be an Elmer!).

for a Buddy around the same level for on the air practice.

to volunteer to ragchew at my speed, mainly to chat and on-air practice.

Bands that are Available to you (circle all that apply)

70cm 2M 6M 10M 12M 15M 17M 20M 30M 40M 80M
160M
Other (Please specify)

Areas you can usually QSO with: (States/Call Areas, etc.)

When you are available to get on the air (Days & Times)

Interests (Helps find a buddy with common interests)

Mail to: K3NY Nick Yokanovich, 108 Brent Rd, Arnold MD, 21012-1143 k3ny@cablespeed.com
Notes:

FISTS CW Club Membership Application

If this is a renewal or if you have had a FISTS number before, please check here.....

Call sign: _____ Name on the air: _____

Full name: _____

Mailing address: _____

Email address: _____

(Please print clearly. We do not give out or sell your email address to anyone)

Birthday: _____ Phone: _____

The newsletter is offered on audio cassette to blind members at no charge. If you require this service please check here:

Favorite bands: _____

Other club affiliations (ARRL, QCWA, etc) _____

Other interests: _____

Date: _____ How did you hear about FISTS? _____

Signature: _____

Please make checks (\$15 per year, includes newsletter) payable to FISTS CW Club and mail to:

Nancy Kott WZ8C-FISTS

PO Box 47 Hadley MI 48440

Also payable via paypal.com to FISTS@TIR.COM

If using paypal, you do not need to mail an application. Put your callsign and address in the paypal message box.

FISTS Membership Supply Order Sheet

T-Shirts \$6 each including postage

Black (small _____) (medium _____) (large _____) (XL _____) 2X (_____)
Blue (small _____) (large _____) (XL _____) Med, 2X & 3X sold out

Sweatshirts \$11 each, including postage

Gray: (small _____) (large _____) (XL _____) (2X _____) (3X _____) Med sold out

Polo Shirts: short sleeves, pique, no pocket, FISTS key logo embroidered on left side \$15 each, including postage

Light blue: (small _____) (large _____) (XL _____) (2X _____) Med & 3X sold out

Stickers: Gold FISTS pentagon logo - \$3.50/ 200 _____ I "heart" CW - \$3.50/ 200 _____

Pins

Blue/gold pentagon logo, tie-tack pin backing \$1.50 _____

White I 'heart' CW, tie-tack pin backing \$1.50 _____

Patch FISTS telegraph key logo, may be ironed on or sewn. \$1.00 each _____

Window Clings (for inside of a window, removable and reusable)

Key logo fifty cents (\$.50) _____

I "heart" CW, fifty cents (\$.50) _____

Total it up!

Tshirts _____	x \$6	= \$ _____
Sweats _____	x \$11	= \$ _____
Polos _____	x \$15	= \$ _____
Stickers _____	x \$1.50	= \$ _____
Patches _____	x \$1.00	= \$ _____
Pins _____	x \$1.00	= \$ _____
Clings _____	x \$.50	= \$ _____

K7QO Beginning Code Course (mp3 files) and K7QO Upgrade CD (mp3 files) \$1 each (including envelope/postage _____) (specify which disk you want)

If ordering clings only, please add .50 for postage. No postage necessary if ordering clings with other merchandise. Total Enclosed = \$ _____

Checks payable to FISTS. Paypal to fists@tir.com. If ordering by Paypal, put items desired in the Paypal note box.

To order by mail, send to Irene Kott 44609 N Bunker Hill Dr, Clinton Twp MI 48038

ORDERED BY/SEND TO (your name and address)

You are cordially invited.....to join FISTS CW CLUB, the non-profit group devoted exclusively to CW operators and Morse code operating.

We have three straightforward goals:

To further the use of Morse code

To engender friendships among members

To encourage newcomers to use Morse code

We are bringing Hams together using a common bond — A love of Morse code.

FISTS members actively participate in a wide variety of FISTS activities including rag chewing, contesting, earning awards, QRP, and most importantly, our Code Buddy “Elmering” program.

All activities emphasize courteous operating practices.

Our members are young and old, both OM’s and YL’s. They live worldwide, hold every license class and enjoy CW at widely varying proficiency levels.

FISTS is not tied to any commercial interests and has no paid employees.

Our chatty newsletter, The Keynote, our QSL Bureau, all awards and activities are funded by entirely by a modest annual dues of \$15.

Requirements for membership are simple: You simply have to like Morse code!

Visit our web site at <http://www.fists.org>

*** Short Form Application for Membership * Please print clearly**

Name _____ Callsign _____

Mailing address _____

Phone number _____ or Email _____

Do you need our taped Keynote for blind members? _____

How did you hear about FISTS? _____

Signature _____

Please enclose \$15 annual dues (checks payable to FISTS) and mail with this form to

Nancy Kott WZ8C, PO Box 47, Hadley MI 48440-0047
FISTS CW Club

Invitation Letter from FISTS Founder, G3ZQS

Dear _____,

You have been sponsored for membership of the above club and it is my great pleasure to enclose herewith the membership application form.

There has long been a demand for an organizations such as this not only to fill the void left by the dwindling numbers of ex-professional operators but to nurture the interests of those who are drawn to the mode but lack the operating skills. It's just these Amateurs who would otherwise be tempted to exchange the key for a microphone if the satisfactions and pleasure of Morse were to be denied them by a lack of opportunity. Such opportunity is rare when one is a beginner and the bands appear to be populated by c.w signals which are well beyond their limited skills.

FISTS is peopled by those whose love of Morse has urged them on to encourage the beginner, to dispel those initial moments of fear and help them reach out for a joy known only to a small minority of Radio Amateurs.

A love of MORSE and a concern for its perpetuation are the only requisites for membership. There is no specific speed requirement and neither is membership of the RSGB or other National body demanded. The aims of the club are:

- a) To further the use of Morse Code on the bands
- b) To encourage the newcomer to the mode
- c) To engender friendships within the membership

You will appreciate that in order to effect these goals, the club must render itself open to the novice operator and have a healthy sprinkling of Veterans to encourage them.

Your subs are due on the anniversary of the month in which you joined. There will be approximately 10 newsletters per year, which will depend largely on your own contributions and you are encouraged to offer comments and observations.

We have our own QSL bureau which distributes member cards free as far as is possible and members may also chose to adopt the club QSL card or display the logo on their own card.

In addition, we have a talking newsletter for those who are visually handicapped.

One of the greatest spin-offs of a club of this nature is the firm and lasting friendships which are a direct result of membership and consequent on-air contacts. You are encouraged not only to meet other members on the air, but if the opportunity is there, on a social basis also. Should you wish to invite your current friends to join the club, you are at liberty to nominate them bearing in mind the criteria mentioned above.

We look forward to receiving your reply,

73 de Geo G3ZQS
FISTS Co-Founder, now a Silent Key

	1	2	3	4	5	6	7	8	9	0
A										
B										
C										
D										
E										
F										
G										
H										
I										
J										
K										
L										
M										
N										
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Q										
R										
S										
T										
U										
V										
W										
X										
Y										
Z										

FISTS CW Club Checksheet for WAS Award

STATE	CALL	NAME	BAND	FISTS#	DATE
ALABAMA					
ALASKA					
ARIZONA					
ARKANSAS					
CALIFORNIA					
COLORADO					
CONNECTICUT					
DELAWARE					
FLORIDA					
GEORGIA					
HAWAII					
IDAHO					
ILLINOIS					
INDIANA					
IOWA					
KANSAS					
KENTUCKY					
LOUISIANA					
MAINE					
MARYLAND (D.C.)					
MASSACHUSETTS					
MICHIGAN					
MINNESOTA					
MISSISSIPPI					
MISSOURI					
MONTANA					
NEBRASKA					
NEVADA					
NEW HAMPSHIRE					
NEW JERSEY					

STATE	CALL	NAME	BAND	FISTS#	DATE
NEW MEXICO					
NEW YORK					
NORTH CAROLINA					
NORTH DAKOTA					
OHIO					
OKLAHOMA					
OREGON					
PENNSYLVANIA					
RHODE ISLAND					
SOUTH CAROLINA					
SOUTH DAKOTA					
TENNESSEE					
TEXAS					
UTAH					
VERMONT					
VIRGINIA					
WASHINGTON					
WEST VIRGINIA					
WISCONSIN					
WYOMING					

Date Submitted _____ Your Fists # _____

Name/Call _____

Your E-Mail Address _____

Comments _____

Mail Certificate To: _____

Was ALL Contacts? QRO _____ or QRP _____

QRP = 5W or less, QRO = over 5W

I hereby apply for the FISTS WAS Address Award. By signing below, I certify that these are legitimate 2-way CW QSO's with FISTS members made in accordance to the rules and regulations of the FISTS WAS award.

Signature _____

[illegible]

Date Submitted _____ Your Fists # _____

Name/Call _____

Your E-Mail Address _____

Comments_____

Mail Certificate To: _____

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Created by Tom, WB5KHC

FISTS GET YOUR FEET WET WEEKEND

Callsign _____ Name _____ QTH _____ Fists # _____ Page _____
Of _____.

[illegible]

FISTS Get Your Feet Wet Weekend Entry Form

0000Z Fri 10 Sept 2010 through 0000Z Mon 13 Sept 2010

The Exchange: Callsign/N (newcomer) or Callsign/E (experienced), RST, Name, QTH, FISTS number or power, Last two digits of the year licensed.

NAME: _____ CALLSIGN: _____ FISTS # _____ .

MAILING ADDRESS: _____ .

CITY: _____ .

STATE/PROVINCE/COUNTRY: _____ ZIP: _____ .

E-mail Address (optional) _____ .

Call Area (W0 - W9) or Country you operated from: _____ .

Entry Category: Newcomer Experienced

Contacts with stations out of your category X2 = _____ .

Contacts with stations in your category X1 = _____ .

Total Contacts _____ Total Contact Points = _____ .

Multiplier (Number of stations worked that were licensed 2004 – 2009) = _____ .

Final Score (Total Contact Points X Multiplier) = _____ .

Send in your log by 10/15/09 to Lee Hallin N7NU, 3413 Walton Ln, Eugene OR 97408 in ASCII, Excel, N3FJP, ACLog, WriteLog or in ADIF format to hallinl@lanecc.edu.

If you use another format, drop me an email (with the log attached) and I'll let you know if I can read it or not.

I have an Excel Spreadsheet that will score the event! Just drop me (Lee, N7NU) an email and indicate if: 1) you are a Newcomer or Experienced and 2) What your call is. I need these so I can adjust the scoring formula in the spreadsheet. I'll email you a custom spreadsheet just for you ☺

Statement: I have observed all FISTS competition rules as well as all regulations for Amateur Radio in my country. My report is correct and true to the best of my knowledge. I agree to be bound by the decisions of the FISTS awards Committee.

Date: _____ Signature: _____ Call _____ .

FISTS Sprint Entry Form

Entry Class QRO _____ QRP _____ CLUB _____
Score: _____ QSO points X _____ multipliers = _____ final
score

Club Name and FISTS number (if applicable)

YOUR NAME _____

CALL _____ YOUR FISTS Number _____
ADDRESS _____

Email Address(optional)

>>>>MULTIPLIER CHECK-OFF LIST<<<<

1	2	3	4	5	6	7	8	9	0	VE	DX
CT	NJ	DE	AL	AR	CA	AZ	MI	IL	CO	NB	NF/LB
MA	NY	MD	FL	LA		ID	OH	IN	IA	NS	NT
ME		PA	GA	MS		MT	WV	WI	KS	PE	YK
NH			KY	NM		NV			MN	QC	BC
RI			NC	OK		OR			MO	ON	
VT			SC	TX		UT			NE	MB	
			TN			WA			ND	SK	
									SD	AB	

Please enclose paper logs ONLY, photos, comments, ideas, etc., with your entry and mail promptly to:
Gil Woodside, WA1LAD 30 Hilltop Ave. West Warwick, RI 02893-2825 Statement:"I have observed all
FISTS Sprint competition rules as well as all regulations for Amateur Radio in my country. My report is
correct and true to the best of my knowledge. I agree to be bound by the decisions of the FISTS Awards
Committee." Date _____ Signature _____

Call _____ COMMENTS:

Entry Class QRO _____ QRP _____ CLUB _____

Score: _____ QSO points X _____ multipliers = _____ final score

Club Name and FISTS number (if applicable)

YOUR NAME _____

CALL _____ YOUR FISTS Number _____

ADDRESS _____

Email Address(optional) _____

>>>>MULTIPLIER CHECK-OFF LIST<<<<

1	2	3	4	5	6	7	8	9	0	VE		DX
CT	NJ	DE	AL	AR	CA	AZ	MI	IL	CO	NB	NF/LB	
MA	NY	MD	FL	LA		ID	OH	IN	IA	NS	NT	
ME		PA	GA	MS		MT	WV	WI	KS	PE	YK	
NH			KY	NM		NV			MN	QC	BC	
RI			NC	OK		OR			MO	ON		
VT			SC	TX		UT			NE	MB		
			TN			WA			ND	SK		
									SD	AB		

Please enclose paper logs ONLY, photos, comments, ideas, etc., with your entry and mail promptly to:
 Lee Hallin N7NU, 3413 Walton Lane, Eugene OR 97408

Statement: "I have observed all FISTS Sprint competition rules as well as all regulations for Amateur Radio in my country. My report is correct and true to the best of my knowledge. I agree to be bound by the decisions of the FISTS Awards Committee."

Date _____ Signature _____ Call _____

COMMENTS:

High Speed CW Nets

Name:	NTS?	Purpose:	Coverage Area:	Freq:	Alt:	Days:	Local:	UTC:	Manager:	Reporting:	Updated:
All FL CW Traffic Net (QFN) - Early	✓	Traffic	FL	7.051	3.547	Dy	19:00		AD4DO	W8IM	04/09/08
All FL CW Traffic Net (QFN) - Late	✓	Traffic	FL	3.547		Dy	22:00		AD4DO	W8IM	04/09/08
Buckeye Net (BN) Early	✓	NTS Section Net	Ohio	3.577		Dy	18:45		WD8KFN	WE8AUQ	03/15/07
Buckeye Net (BN) Late	✓	NTS Section Net	Ohio	3.577		Dy	22:00		NY8V	WD8AUQ	03/15/07
FIRST Region (in) Net	✓	Traffic	ME,NH,VT,MA,CT,RI	5.598		Dy	21:30		K8SH	N1MHC	04/27/07
FIRST Region (out) Net	✓	Traffic	ME,NH,VT,MA,CT,RI	3.598		Dy	19:45		K8SH	N1MHC	04/27/07
Georgia Section Net (GSN) - Early	✓	Traffic	GA	3.549		Dy	19:00	0:00	K4GK	K4BAI	04/27/07
Georgia Section Net (GSN) - Late	✓	Traffic	GA	3.549		Dy	22:00	3:00	K4GK	N4VAD	04/01/07
Hit 'N Bounce Net (HBN)	✓	Traffic	Eastern/MidWest US	7.042	7.114	Dy	8:30		WD8DIN	W8IM	05/24/07
IN Section CW Net -- QIN	✓	Traffic	IN	3.535		Dy		13:30	K9PUI	NA9U	04/29/07
IN Section CW Net -- QIN	✓	Traffic	IN	3.535		Dy		0:00	KJ9J	NA9U	04/27/07
K9YA Fast Net	✓	Practice/fun	Continental US	7.121		1 W	19:00	1:00	N9BOR	K9PL	04/27/07
Lake Erie Boat Anchors Net (LEBN)		Tube gear usage	General	7.094		S	13:00	18:00	W8KYD	W8KYD	03/11/07
MD DE DC Net (MDD) - Early	✓	Traffic	MD, DE, DC	3.557		Dy	19:00	0:00	AA3SB	N3ZOC	01/20/07
MD DE DC Net (MDD) - Late	✓	Traffic	MD, DE, DC	3.557		Dy	22:00	3:00	AA3SB	N3ZOC	01/20/07
Morse Telegraph Club-SQ -- 20 m Net		On air activity	Southern CA	14.055		S	7:30	15:30	KA6G	KA6G	12/20/04
Morse Telegraph Club-SQ -- 40 m Net		On air activity	Southern CA	7.084		S	8:30	16:30	KA6G & W	KA6G	12/20/04
New York State CW - Early	✓	Traffic	NY	3.576		Dy	19:00	0:00	N2QZ	W12G	01/20/07
New York State CW - Late	✓	Traffic	NY	3.576		Dy	22:00	3:00	W2YGW	W12G	01/10/07
New York State CW - Morning	✓	Traffic	NY	3.576		Dy	10:00	15:00	KA2GIV	W12G	01/10/07
Northern California Net	✓	Traffic	Northern CA & NV	3.533		Dy	19:00		K9JM	K9JM	10/20/06
Oklahoma CW Traffic Net (OTN)	✓	Traffic & Training	Oklahoma	3.552	7.052	Dy	22:30		AA0NI	AA0NI	09/03/07
Oklahoma CW Traffic Net (OTN)	✓	Traffic & Training	Oklahoma	3.552	7.052	Dy	18:30		AA0NI	AA0NI	09/03/07
Orange County Wireless Net (OCWN)		Practice/Social	Orange County CA	7.086		Sn	9:00	17:00	KF6UEB	KF6UEB	03/07/05
Pine Tree Net	✓	Traffic	ME, NH, VT, MA, CT, RI	3.596		Dy	19:00		W1KX	N1MHC	04/11/07
QNM	✓	Traffic & WX	MI	3.663		Dy	22:00	3:00	WB8SIW	WB8SIW	04/16/05
QNM	✓	Traffic & WX	MI	3.663		Dy	19:30	0:30	WB8SIW	WB8SIW	04/16/05
Texas CW Net (Early)	✓	Traffic	TX	3.552		Dy	19:00	1:00	AC5XK		01/17/08
Texas CW Net (Late)	✓	Traffic	TX	3.552		Dy	22:00	3:00	AC5XK		01/17/08
Tin Can Sailors CW Net		Code practice	General coverage	7.117		W	10:00		N3RSD	N3RSD	07/15/05
Virginia Net Early (VNE)	✓	Traffic	VA	3.578		Dy X T	19:00	0:00	KV4AN	W12G	01/20/07
W6MTC CW net -- FISTS 10350		Code Practice	Southern CA, AZ & NV	7.084		S	8:30	15:30	KA6G	K56CW	04/09/04

Note: NTS is checked if the net is affiliated with the National Traffic System. "Coverage Area" is the geographical area the net primarily serves however, other stations are always welcome to check in. All frequencies are in Mhz. "Alt" is the alternate net frequency. "Days" indicates what local days of the week or month the net meets (i.e. "1,3 W" -- the net meets on the first and third Wednesdays of each month. "MWTF" -- the net meets every Monday, Wednesday, and Friday. "Dy" -- the net meets daily. "Dy X T" -- the net meets daily except on Tuesdays.) Times are listed for the winter months (i.e. not daylight savings time.) Send updates, additions and corrections to KAZQIK/7 at pikroth@juno.com or 7956 E. Feathersong Ln., Scottsdale, AZ 85255

<i>Name:</i>	<i>NTS? Purpose:</i>	<i>Coverage Area:</i>	<i>Freq:</i>	<i>Alt:</i>	<i>Days:</i>	<i>Local:</i>	<i>UTC:</i>	<i>Manager:</i>	<i>Reporting:</i>	<i>Updated:</i>
Washington State Net (WSN)	<input checked="" type="checkbox"/> Traffic	Washington State	3.563		Dy	7:30	14:30	W7QM	W7GB	04/09/07
Washington State Net (WSN)	<input checked="" type="checkbox"/> Traffic	Washington State	3.563		Dy	21:45	5:45	W7QM	W7GB	04/09/07
Washington State Net (WSN)	<input checked="" type="checkbox"/> Traffic	Washington State	3.563		Dy	18:45	2:45	W7QM	W7GB	04/09/07
Wisconsin Intrastate Net (WIN/E)	<input checked="" type="checkbox"/> Traffic	WI & Surrounding States	3.555		Dy	19:00	1:00	WB9ICH	W9UW	04/09/07
Wisconsin Intrastate Net (WIN/L)	<input checked="" type="checkbox"/> Traffic	WI & Surrounding States	3.555		Dy	22:00	4:00	W9UW	W9UW	04/09/07

Note: NTS is checked if the net is affiliated with the National Traffic System. "Coverage Area" is the geographical area the net primarily serves however, other stations are always welcome to check in. All frequencies are in Mhz. "Alt" is the alternate net frequency. "Days" indicates what local days of the week or month the net meets (i.e. "1,3 W" -- the net meets on the first and third Wednesdays of each month. "MWF" -- the net meets every Monday, Wednesday, and Friday. "Dy" -- the net meets daily except on Tuesdays.) Times are listed for the winter months (i.e. not daylight savings time.) Send updates, additions and corrections to KAZQIK/7 at plkroth@juno.com or 7956 E. Feathersong Ln., Scottsdale, AZ 85255

Slow Speed CW Nets

Name:	NTS?	Purpose:	Coverage Area:	Freq:	Alt:	Days:	Local:	UTC:	Manager:	Reporting:	Updated:
Alabama Training Net	<input checked="" type="checkbox"/>	Traffic, Training	SE United States	3.712		Dy	18:00	0:00	KG4IMI	KG4IMI	06/25/05
Amateur Radio Telegraph Society Net	<input type="checkbox"/>	Traffic, Training	Wide Coverage	7.052		Dy	6:30	12:30	WB5NKC	WB5NKC	05/05/07
ARALB Slow Speed Practice Net	<input type="checkbox"/>	CW Practice	Long Beach/Southern California	28.130		2,3,4,5 F	19:30		NC6Q	NC6Q	10/18/08
British Columbia Emergency Net	<input checked="" type="checkbox"/>	Emergency Traffic	BC, AB, SK, MB, W.A, OR, ID, MT	3.652		Dy	19:00	3:00	VE7XLH	VE7DWG	12/16/03
Carolinas Slow Net (CSN)	<input checked="" type="checkbox"/>	Traffic/Code Practice	NC and SC	3.571		Dy	20:00	1:00	N0SU	W4EAT	08/01/07
Empire Slow Speed (ESS)	<input type="checkbox"/>	Traffic, Training	NE US	3.576		Dy	18:00	23:00	W12G	W12G	01/10/07
Florida Medium Speed Net (FMSN)	<input checked="" type="checkbox"/>	Traffic	FL	3.552		Dy	18:30		AG4RJ	AG4RJ	04/13/07
Georgia Training Net (GTN)	<input checked="" type="checkbox"/>	Traffic, Training	SE US	3.549		Dy	21:00	2:00	N4VAD	N4VAD	04/01/07
Handiham Informal Slow Speed CW Net	<input type="checkbox"/>			7.112		F	9:30		W8IRT	K0HLA	04/11/07
Hit 'N Bounce Slow Speed Net (HBSN)	<input type="checkbox"/>	Traffic, Training	Eastern & Central	3.576		Dy	19:30	11:30	K3RC	WD8DIN	09/26/08
Hoodview CW Net	<input type="checkbox"/>	CW Practice	Portland, OR Metro Area	28.130		Dy	19:00	3:00	AB7BI	N7QR	11/05/03
Idaho Montana Net (IMN)	<input type="checkbox"/>	Traffic, Training	ID & MT	3.647		Dy		3:00	N7MPS	VE7DWG	04/16/05
K9YA Slow Net.	<input type="checkbox"/>	Practice/fun	Continental US	7.121		2,3,4 W	19:00	1:00	N9BOR	K9PL	03/10/07
Kansas Slow Speed Net	<input type="checkbox"/>	Traffic, Training	KS	3.3.547		M	7:32	1:32	KB0DTI	K0MDS	01/17/08
Kentucky Slow Net (KSN)	<input checked="" type="checkbox"/>	Traffic, Training	KY, East Central and SE US	3.579		Dy	22:00	3:00	K04OL	K04OL	06/21/07
Maine Slow Speed Net	<input checked="" type="checkbox"/>		ME	3.585		Dy	18:00		W1QU	N1MHC	04/11/07
Maryland Slow Net (MSN)	<input checked="" type="checkbox"/>	Traffic, Training	NE USA & SE Canada	3.563		Dy	19:30	0:30	W8CPG	N3ZOC	06/01/07
Midsouth Training Net	<input type="checkbox"/>	Traffic, Code Practice	TN, AR, MS, AL, KY, & SE MO	3.593		Sn	18:00	0:00	WD4PTJ	WD4PTJ	05/09/07
Mountain States Net (MSN)	<input checked="" type="checkbox"/>	Traffic, Training	AZ, CO, NM, UT, WY	3.570	7.063	Dy	20:00		W0HXB	W0HXB	04/29/07
NARL Slow Speed	<input checked="" type="checkbox"/>	Traffic, Training		28.180			20:00	1:00	AA1GW	N0UEP	01/20/07
NJ Slow Speed	<input checked="" type="checkbox"/>	Traffic, Training	NJ	3.547		Dy	18:30	23:30	K2PB	W12G	01/20/07
Northern CA Slow Speed Net	<input checked="" type="checkbox"/>	Traffic	EB, NV, SCV, SF, SV	3.533		Dy	21:00	5:00	WB6UZX	VE7DWG	04/09/08
Ohio Slow Net	<input checked="" type="checkbox"/>	Traffic, Training	OH	3.535		Dy	18:10	23:10	WD8Q	WD8Q	03/09/07
Oklahoma Training Net.	<input checked="" type="checkbox"/>	Traffic, Training	Wide	7.120.6		Dy	17:20	23:20	WB5NKD	WB5NKC	05/05/07
Orange County Wireless Net	<input type="checkbox"/>	Practice, Chat	Orange County CA & Nearby Cntries	7.086		Sn	9:00	17:00	KF6UEB	KE6OIO	03/17/06
Oregon Section Net	<input checked="" type="checkbox"/>	Traffic, Training	OR	3.569		Dy	22:00	6:00	KC7SRL	WS7L	09/26/08
Oregon Section Net	<input checked="" type="checkbox"/>	Traffic, Training	OR	3.569		Dy	18:30	2:30	WS7L	WS7L	09/26/08
PA Traffic & Training Net	<input checked="" type="checkbox"/>	Traffic, Training	PA	3.537		MWF	18:30		N3SW	N3SW	04/09/07
Sandia Valley ARC Slow Speed Net	<input checked="" type="checkbox"/>	Code Practice / Ragchew	Southwest US	7.063		W	21:00	4:00	WB7RHT	WB7RHT	01/17/08
Texas Slow Net (TSN)	<input checked="" type="checkbox"/>	Traffic, Training	TX & other	3.552		Dy	19:45	2:00	W5ESE	WB5NKC	05/05/07
Utah Code Net (UCN)	<input checked="" type="checkbox"/>	Traffic, Training	Utah and surrounding states	3.570		Dy	19:30	2:30	NA7G	NA7G	04/13/07
VE2UMS Traffic Net	<input type="checkbox"/>	Traffic	Quebec (Canada) and surrounding re	3.578		W	20:00	1:00	VE2CBW	VE2CBW	01/20/07

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<i>Name:</i>	<i>NTS? Purpose:</i>	<i>Coverage Area:</i>	<i>Freq:</i>	<i>Alt:</i>	<i>Days:</i>	<i>Local:</i>	<i>UTC:</i>	<i>Manager:</i>	<i>Reporting:</i>	<i>Updated:</i>
West Coast Slow Speed (WCN)	<input type="checkbox"/>	Traffic, Training	3,540		Dy	19:00	3:00	K7WCN	K7EX	04/27/07
Wisconsin Novice Net (WNN)	<input checked="" type="checkbox"/>	Traffic	3,555		Dy	18:00	0:00	KB9ROB	KB9ROB	03/10/07
Wisconsin Slow Speed Net (WSSN)	<input checked="" type="checkbox"/>	Traffic	3,555		Dy	18:30	0:30	N9JIY	N9JIY	04/13/07

Note: NTS is checked if the net is affiliated with the National Traffic System. "Coverage Area" is the geographical area the net primarily serves however, other stations are always welcome to check in. All frequencies are in Mhz. "Alt" is the alternate net frequency. "Days" indicates what local days of the week or month the net meets (i.e. "1,3 W" -- the net meets on the first and third Wednesdays of each month. "MWF" -- the net meets every Monday, Wednesday, and Friday. "Dy" -- the net meets daily. "Dy X T" -- the net meets daily except on Tuesdays.) Times are listed for the winter months (i.e. not daylight savings time.) Send updates, additions and corrections to KA2QIK/7 at pjkroth@juno.com or 7956 E. Feathersong Ln., Scottsdale, AZ 85255

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